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THE

Hot Springs

OF

Virginia.





Class F234

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THE

HOT SPRINGS

OF VIRGINIA.

This famous medical fountain, one of the great national curiosities of America, is situated in the beautiful valley that lies at the western base of the Warm Springs Mountain, in Bath county, Va. It is approached from either Millboro' (twenty miles distant) or Covington (eighteen miles distant), on the Chesapeake and Ohio Railroad, over finely graded turnpike roads, and except that short distance, has an unbroken railroad connection with the principal cities on the Atlantic Seaboard. It can be reached from New York in almost twenty-four hours, and from Washington city in but little over twelve.

The Springs.

Within the grounds are found in close proximity numerous bold springs of hot and cold mineral water, ranging in temperature from 50 to 110 degrees Fahrenheit.

The different *Hot Springs* make their appearance in a line extending from the base of the mountain almost straight down a lawn in front of the hotel, the soil of which has the appearance of having been washed out of the base of the mountain to its present locality, and is highly charged with carbonates of the alkaline earths.

The flow from the springs is a constant and regular current with *unchanging* temperature; arising from great depth, the contingencies that control surface springs does not influence them.

Many theories exist regarding the cause of heat of such springs. It is claimed by Humbolt that it is imparted by the inherent heat of the earth. It is also asserted by many scientific persons that it is due to the action of water in union with great beds of minerals and chemical matter in the earth. Be this as it may, the waters come seething to the surface sparkling with gases and weighted with the peculiar chemical formations of the carbonates of the alkalies, alkaline earths, and other mineral substances, which gives to them properties that *cannot be imitated by art*. It is the wildest falacy to suppose that artificially heated waters can

ever possess any of the virtues of the waters of these springs. The efficacy of this wonderful fluid, medicated mysteriously in subterranean recesses, in effecting cures of the most inveterate diseases, is simply *miraculous*. Science cannot explain it; art cannot imitate it. It is nature's own work and her secret.

The Baths.

The bath buildings are entirely new, having been erected at considerable expense to replace those destroyed by fire in 1875, and are the most complete and extensive in the United States. They have a capacity of over *twelve hundred baths* every twelve hours, with a separate pool and dressing-room for each bather.

In addition to the *invalid* baths, are large swimming baths of hot and cold water for the use of pleasure-seekers.

THE BOILER BATHS are supplied by numerous hot springs which issue from the earth under the floor of the pools at a temperature of 110 degrees Fahrenheit, and retaining a permanent standard of 106 degrees in the full bath. Suitable machinery has been provided, by means of which invalids who cannot walk or

stand without inconvenience may be lowered into the bath either in a recumbent or sitting posture.

All of the apartments are provided with beds and blankets, to enable patients who require it to undergo the "packing" and sweating process after issuing from the bath.

The mineral constitution of these baths, as determined by the analysis made by Col. WM. GILHAM, of the Virginia Military Institute, is as follows :

One gallon of water contains of

Carbonate of lime.....	17.3471	grains
" of magnesia	2.6873	"
" of protoxide of iron.	0.1139	"
Sulphate of lime.....	1.7357	"
" of magnesia.....	5.6589	"
" of potassa	1.3431	"
" of soda	1.0222	"
Chloride of potassium	0.1597	"
" of sodium	0.1211	"
Silica.....	1.7467	"

THE SULPHUR BATHS are supplied from a remarkably bold spring of 102 degrees temperature. It makes a most delicious bath, and the ladies' compartment has an arrangement for ascending and descending douches in the treatment of uterine affections.

The mineral contents in a gallon of the water are as follows :

Carbonate of lime.....	16.4434	grains.
“ of magnesia.....	2.8037	“
“ of protoxide of iron.....	0.0670	“
Sulphate of lime.....	2.1039	“
“ of magnesia.....	5.1052	“
“ of potassa	1.8240	“
“ of soda.....	1.0087	“
Chloride of potassium	0.1703	“
“ of sodium.....	0.1335	“
Silica.....	1.3673	“

In this analysis no notice is taken of gaseous contents, but the presence of a notable amount of sulphuretted hydrogen is unmistakably revealed by the odor apparent at the source, and there is, moreover, a white sulphurous deposit very similar to that seen at the celebrated Greenbrier White Sulphur Springs.

THE HOT SPOUT BATHS, which are so popular with visitors, have, in addition to the pools for immersion, an arrangement by which a continuous column of water, at a temperature of about 106 degrees Fahrenheit, may be directed at the will of the bather to any part of the body.

They are used not only by certain classes of invalids, who derive conspicuous benefit from taking them, but also by many pleasure seekers, who enjoy their

exhilarating effects. Their mineral constitution is nearly identical with that of the boiler baths, consisting of the same ingredients, in very nearly the same relative proportions.

THE MUD BATH is so complete that it must prove a great attraction and benefit to patients. There are separate tubs with fresh material provided for each bather; and besides the full bath there is an arm bath and a foot bath. The water supplied to this bath is at a temperature of 105 degrees, but the *mud* being artificially heated the temperature of the *bath* can be raised as high as may be desired.

THE OCTAGON BATH is supplied by one of the boldest springs on the grounds. The water rises from the floor of the bath at a temperature of 100 degrees, highly charged with carbonic acid, nitrogen, oxygen and sulphuretted hydrogen gas, which, bursting to the surface in thousands of bubbles, makes the water sparkle like a glass of wine. The bath is twenty-five feet in diameter and five feet in depth. The water is very buoyant, and the effect of the bath is highly exhilarating. The size of the pool affords abundant room for the enjoyment of the

novelty and luxury of a swimming bath in hot water.

THE WARM BATHS are supplied with water at a temperature of about 95 or 96 degrees Fahrenheit. The pools are of convenient size, and there is an arrangement for taking the spout baths also. The mineral qualities of the water are similar to those of the boiler bath.

THE LADIES' PLEASURE BATH is supplied with water from the "NEW SCHLANGENBAD SPRING," so called from its remarkable resemblance, both in temperature and hygienic effects to the German Spa of that name, which is renowned all over Europe, not only as a delightful bath, but also for its *cosmetic properties*. The temperature is 86 degrees Fahrenheit.

The water contains very fine particles of a white chalky substance, which softens and removes all roughness of the skin and gives to the body a sensation of having been anointed with some delightful ointment. It is high in favor with the ladies.

THE GENTLEMEN'S PLEASURE BATH is supplied with water from a very bold *magnesian* spring, and the pool is of such extent as to constitute a large swimming bath. The water is 78 degrees Fahren-

heit in temperature, and the analysis as furnished by Professor Gilham is as follows :

Carbonate of lime.....	9 4838	grains.
Carbonate of magnesia.....	2.0194	“
Carbonate of protoxide of iron..	0.0838	“
Sulphate of lime.....	3.0225	“
Sulphate of magnesia.....	1.0665	“
Sulphate of potassa.....	0.5699	“
Sulphate of soda.....	0.8502	“
Chloride of potassium.....	0.1595	“
Chloride of sodium.....	0.1252	“
Silica.....	0.6894	“

Besides constituting a most delightful bath, the waters of this spring are taken internally, and possess valuable properties in the treatment of some forms of dyspepsia.

The Drinking Waters.

The drinking waters comprise a great variety and include SULPHUR, MAGNESIA and FERRUGINOUS ALUM waters.

Particular attention is called to the ALUM WATER, which, by chemical analysis, is shown to be fully equal to the very best variety found in this country, and is highly recommended for the use of persons suffering from CHRONIC DIARRHŒA, or DYSENTERY, SCROFULA, INFLAMMATION OF THE BOWELS, DYSPEPSIA, &c., and is also,

by reason of the amount of *iron* it contains, highly esteemed as a TONIC and GENERAL RESTORATIVE.

The analysis of this water, as furnished by Professor Gilham, is as follows :

One gallon of the water contains of

Sulphuric acid.....	29.984	grains.
Silica.....	1.327	“
Alumina.....	4.676	“
Protoxide of iron.....	2.222	“
Lime.....	5.574	“
Magnesia.....	1.565	“
Chlorine.....	Traces.	

Potash, soda, carbonic acid and organic matters not tested for.

These substances are combined to form the following salts :

Of Sulphate of alumina.....	15.571	grains.
“ “ “ protoxide of iron.....	4.747	“
“ “ “ lime.....	13.537	“
“ “ “ magnesia.....	4.695	“
“ free sulphuric acid.....	5.471	“
“ “ silicic acid.....	1.327	“

The Diseases Cured or Relieved.

We cannot in this publication give in detail the history of the many remarkable cures which these waters have effected ; we can only enumerate the general class of diseases in which their curative quali-

ties have proven especially efficacious, the truth of which can be attested by SOME ONE in almost every community throughout the land.

These diseases are :

RHEUMATISM, GOUT, PARALYSIS, SCROFULA, SYPHILIS, Affections of the DIGESTIVE CANAL, Diseases of the LIVER and PORTAL SYSTEM, Diseases of the KIDNEYS and BLADDER, URETHRAL STRUCTURE, Diseases of the NERVOUS SYSTEM, (especially SCIATICA,) UTERINE Diseases, &c.

We do not claim that *every* patient who makes use of these waters is cured of his disease, but we do most positively assert that a *very large* per cent. of the cases treated at these springs are *entirely cured* or *greatly relieved*. So very wonderful are many of the cures they have effected that no one afflicted with a chronic disease should despair of being restored to health before he has thoroughly tested the efficacy of these NATURAL EARTH-HEATED WATERS.

In the number of its mineral springs, the variety of their temperatures (from 50 to 100 degrees F.) and their extraordinary remedial powers in many of the most serious, painful and dangerous CHRONIC DISEASES that afflict the human

race, this watering place offers to invalids, suffering from the maladies in which thermal waters are indicated, advantages and facilities for the recovery of health, which can be found nowhere else within the United States east of the Mississippi, and which are not surpassed, or perhaps not equalled, at any of those celebrated thermal springs in France and Germany, that for many centuries have been places of great resort for persons in search of health.

We add the expression of our conscientious and decided belief that in their power to subvert disease and to restore health in the maladies for which they are recommended, the

VIRGINIA HOT SPRINGS

ARE NOT EXCELLED BY ANY MINERAL WATER
ON THE FACE OF THE GLOBE.

Climate and Scenery.

The Warm Springs Valley presents certain peculiarities of formation which greatly enhance the beauties of its scenery and contribute to the well-known salubrity of its climate. Lying between

two parallel mountain ranges, whose general course is from northeast to southwest, it is intersected at short intervals by secondary valleys, which convey the mountain water-courses through correspondent gaps in the western range into Jackson's river. This ensures the more perfect drainage and ventilation, by which this Valley is distinguished from any other in the same section of the State, and opens on the west vistas of incomparable beauty. The Hot Springs are found at the head of one of these intersecting valleys, and the hotel is so situated as to command the finest view in both directions, and to catch the summer breeze from every quarter.

The climate in summer is salubrious, invigorating and inexpressibly delicious. The thermometer seldom rises higher than 85 degrees F. in the hottest days, and the nights are always cool and refreshing. Fogs, which occur so frequently in other settlements among the mountains of this part of Virginia, are seldom seen in this delightful valley, which, in the transparent clearness of the atmosphere and the exquisite tints of its skies, exhibits some of the distinctive features of Swiss and Italian scenery.

The surrounding heights of the Warm Springs Mountain attain, in many places, an elevation of nearly two thousand five hundred feet above the level of the sea, and afford the most extensive and imposing mountain scenery in America. Towards the west are the rugged peaks of the Alleghany ranges, wild and romantic in appearance, and standing thick and close like great billows of an ocean, while far towards the east the gentler slopes of the Blue Ridge and numberless beautiful valleys attract and charm the eye of the spectator.

Hotel Accommodations, &c.

The improvements which are being constantly made have modernized the place and given to it all the conveniences and comforts to be found in a first-class city hotel.

In addition to the extensive main building are conveniently located cottages, affording for families and others who desire it more private and retired quarters.

In the management of the establishment, every effort will be made to promote the comfort of invalids, and to render the place an agreeable resort to

those who come in search of recreation and pleasure.

As visitors who come for the benefit of their health, find the advice and services of a PHYSICIAN necessary and important, it is gratifying to be able to state that that profession is ably represented here; Professor J. L. Cabell, M. D., of the University of Virginia, is resident physician, and in addition to his thorough knowledge of the effects of thermal baths, his extensive practise at these springs for many years past, gives him special advantages in the treatment of the several forms of *Chronic Diseases* for which these waters are recommended.

Pamphlets containing a brief notice by Prof. Cabell of the well ascertained effects of thermal baths, which he prepared at our request some years ago, will be forwarded by mail on application.

Routes.

From the NORTH, via Washington city and Gordonsville, Va., or via Baltimore, Harper's Ferry and Staunton, Va., or from New York city to Richmond by Old Dominion Steamship Line.

From the SOUTH, via Richmond or via Lynchburg and thence to Charlottes-

ville, connecting with the Chesapeake and Ohio Railroad at that point.

From the WEST, via Huntington on the Ohio river and thence by Chesapeake and Ohio Railroad to Covington or Millboro' depot.

For further information, address

J. A. AUGUST, Manager,

Hot Springs, Bath County, Va.

BAUGHMAN BROS.,
STATIONERS AND PRINTERS,
RICHMOND, VA.



STAGE ROUTE

From Millboro' to Hot Springs, 20 miles.

From Covington to Hot Springs, 18 miles.

THROUGH TICKETS

can be procured at all the principal points
in the United States.

The WESTERN UNION TELEGRAPH
COMPANY has an office at the Hot Springs
during the Summer season.





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